Know How to Keep Your Figure?

DON'T EAT

Says Film Star

HOLLYWOOD — Jean Simmons is one of the happiest and most successful stars in Hollywood. She and her husband, Stewart Granger, live on a 10,000-acre ranch in Arizona that is only 10 minutes away from an airport. So they commute to and from Hollywood almost as quickly as those who struggle through traffic from outlying areas.

"I can't get over having our own gas station," Jean exclaimed. "And stables. I love horseback riding and I have the sweetest horse."

"Is that how you regained your slim figure after having your baby?"

"I think the time to protect your figure is during pregnancy," she replied. "My doctor was very strict. I wasn't allowed to gain much more than a pound and a half a month. Tracy is a very healthy baby, and I felt well even though the food I was given was dull-tasting because it was highly nutritious. There were few starches or sweets but lots of milk with raw eggs, liver, raw carrots, salads and fruits.

"Sometimes during pregnancy the baby will draw so much calcium that the mother ends up with cavities in her teeth. But my doctor had me drink water from Hereford, Texas. You know, there is so much natural fluorine in the water from that little town that they do not have much need for dentists. Everyone who has grown up there seems to have no cavities.

"You hear about the cravings people have when they are expecting a baby," Jean said. "Well, my doctor has a way of handling this. If you want something that is not on your diet list, he allows you to eat it for one day with nothing else. You have it for breakfast, lunch and dinner. I can assure you, after that you'll not want to look at it again. My yen was for Yorkshire pudding." Jean laughed. "Imagine eating that three times a day.

"This diet proved to me that if you eat balanced meals you can keep your calories down and not be hungry. But I've never had a problem with my weight, because I discovered a long time ago that the food that makes me fat is what I eat when I'm not hungry. I've made a practice of not eating—even at mealtime—if I have no appetite."

WE WERE HAVING LUNCH on the terrace of the country club, and Jean had ordered cottage cheese and peaches. "I really enjoy this now, but it seemed rather tasteless when I first started eating it."

I told Jean how much I had enjoyed her performance in "Home Before Dark."

"I rather enjoyed playing the role," Jean confided. "It was the most challenging I've ever had. And it was fun being a blonde. I'd never dyed my hair before, and I was surprised in the difference it made. Some people actually didn't know me. And I couldn't wear red, one of my favorite colors."

We talked about clothes, and Jean said that her husband has good taste.

"I'm constantly attracted to dresses that are much too dramatic for me. Jimmy (that's Stewart's real name) will say, 'Where is the dress going with you?' And he is always right. I have to wear clothes that are not too jazzy."

I knew Jean when she first came to Hollywood, and then she seemed so in awe of her husband's talented and famous friends.

"I was so much younger than the group I was thrown with that I couldn't keep pace with them. They were experienced and witty and I was becoming quite insecure. Then my husband said: 'Stop trying to compete. No one expects wisdom from a girl your age. Just relax and listen.' This was wonderful advice, because you learn a lot from listening and people are grateful to you for letting them talk.

"Jimmy has helped me so much," Jean confessed. "I met him when I was 17 and had been voted the stop star in British pictures. I was rather heady about this, but Jimmy pointed out a few things that gave me a perspective of myself and brought me back to earth again.

"He has so much tolerance. It is awfully easy to judge people and to attack and destroy them. I think gossiping is the most vicious of habits. One of the things we love so much about our farm in Nogales—we are close to Mother Nature and away from the pettiness of human nature."

JEAN SIMMONS . . . three times a day, Yorkshire pudding.

ADVICE TO MILADY

By Lydia Lane

THOUGHT FOR FOOD . . .

. . . By MURIEL WILSON

ELEGANT'S the WORD

APRIL is a color month. Dinner plates should bloom as gaily as the season's flowers. Spring food should give the needed lift to winter's worn-out appetites. With April accomplishing such wondrous miracles outdoors, most homemakers are inspired to create something colorful and special for the spring menus.

Today let's bring spring to the table with some gay desserts. A dessert should be dramatic, it should have glamor. Unless it creates a stir with its appearance, it might just as well be omitted. No one is really hungry after the main course but an interesting sweet is a happy note to close a meal on.

Rhubarb is a star performer . . . pink, brilliant and delicious. So many sweet-tart desserts can be made with it. We'll start with rhubarb sauce cooked in a new way. Place four cups diced rhubarb in a heat-proof casserole. In a saucepan make a syrup of one-half cup water and one to one-and-a-half cups sugar (according to taste). Add a few drops of red vegetable coloring and a sliver of lemon peel for a flavor fillip. Pour over the rhubarb, cover and bake in 350 degrees for about half an hour. Done this way rhubarb has a lovely color and will hold its shape. Use as is, or layer between ice cream or vanilla pudding in tall glasses.

Try adding orange segments to cooked rhubarb and top with a fluff of whipped cream.

For an early spring shortcake combine equal parts of cooked rhubarb with sliced strawberries (frozen berries can be used). A dab of nutmeg in the biscuit dough will give an elusive flavor.

Add a few miniature marshmallows to hot rhubarb sauce. Stir gently until marshmallows are partly dissolved. Or instead of marshmallows use pineapple chunks.

Did you ever make an Orange Meringue Pie? I found the recipe in a magazine published for restaurants. I clipped it ages ago but didn't try it until this week when I wanted something special for a company dinner-dessert. It is an interesting switch on the familiar lemon meringue pie and just different enough to cause comment. It is eye-catching and taste-refreshing . . . it was judged top-bracket by my guests.

First the ingredients . . . Filling, one-third cup cornstarch, three-quarters cup sugar, one-half teaspoon salt, one-half cup milk, two cups orange juice heated, one tablespoon lemon juice, three egg yolks, one tablespoon butter, orange rind and half a teaspoon vanilla. Mix cornstarch, sugar and salt in the top part of a double boiler, stir in the milk, then thoroughly blend in the heated orange juice. (I used a six-ounce tin of frozen orange juice and added water to make two cups). Cook over direct heat, stirring constantly until the mixture boils. Set over hot water, cover and cook 15 minutes. Now blend some of the hot mixture into the well-beaten egg yolks. Return to hot mixture stirring constantly. Cook and stir until thick. Add butter, orange rind and vanilla. Cool. Pour into a baked pie shell. Spread with maringue (so that it touches the pie crust all around). Bake in a 325-degree oven for about 15 minutes or until delicately brown. Cool. Just before serving place orange sections around the edge of the pie.

Meringue . . . Combine the three egg whites with half a teaspoon salt, half a teaspoon vanilla and beat until they form rounded peaks. Gradually add six tablespoons sugar. Beat until stiff and glossy.

For more orange character I added about a tablespoon of grated orange rind to the pie crust when mixing. Elegant is the word for this pie.

Orange Meringue Pie . . . a treat.

ANAGRAM ANSWERS

(1) **REALTOR**
(2) **GAMBREL**
(3) **COLLIDE**
(4) **COMBINE**
(5) **PROFANE**